

CHILD and ADULT CARE FOOD PROGRAM

MEAL PATTERN FOR CHILDREN

Food Component	1 & 2 Years	3 – 5 Years	6 – 12 Years
Breakfast			
Milk, Fluid	½ Cup	¾ Cup	1 Cup
Fruit or Vegetable	¼ Cup	½ Cup	½ Cup
Bread/Bread Alternate*	½ Slice	½ Slice	1 Slice
Lunch or Supper			
Milk, Fluid	½ Cup	¾ Cup	1 Cup
Meat or Meat Alternate:	1 Ounce	1 Ounce	1 Ounce
• Cheese	1 Ounce	1 ½ Ounce	2 Ounces
• Egg	½	¾	1
• Cooked Dry Beans/Peas	¼ Cup	3/8 Cup	½ Cup
• Cottage Cheese	¼ Cup	3/8 Cup	½ Cup
• Yogurt, Plain or Flavored, Unsweetened or Sweetened	4 oz. Or ½ Cup	6 oz. Or ¾ Cup	8 oz. Or 1 Cup
• Peanut Butter or other Nut or Seed Butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
• Nuts &/or Seeds**	½ Ounce	¾ Ounce	1 Ounce
Vegetable/Fruit – Serve two or more separate and identifiable fruit/vegetable dishes	¼ Cup	½ Cup	¾ Cup
Bread/Bread Alternate*	½ Slice	½ Slice	1 Slice
Snack [Select Two of Four Components]			
Milk, Fluid	½ Cup	½ Cup	1 Cup
Juice*** or Fruit or Vegetable	½ Cup	½ Cup	¾ Cup
Meat/Meat Alternate	½ Ounce	½ Ounce	1 Ounce
Bread/Bread Alternate*	½ Slice	½ Slice	1 Slice

Bread Equivalents: These foods may be mixed/matched to obtain the required bread equivalents

Breads	1/2 Slice	1 Slice
Grains	1/4 Cup	1/2 Cup
Pasta	1/4 Cup	1/2 Cup
Cereal-dry	1/3 Cup	3/4 Cup
Cereal-hot	1/4 Cup	½ Cup

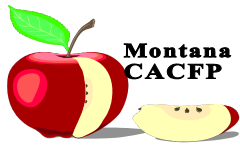
Meat Equivalents: These foods may be mixed/matched to obtain the required meat equivalents

Meat	1 Ounce	2 Ounces
Eggs	¾	1
Peanut Butter	3 Tbsp	4 Tbsp
Beans	3/8 Cup	½ Cup
Yogurt	¾ Cup	1 Cup

* An acceptable serving of a bread alternate [cornbread, biscuits, muffins, etc.] is made of wholegrain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or cooked enriched or whole-grain rice or pasta product.

**Not more than 1 ounce of nuts and or seeds maybe used in any meal and may not contribute more than 50% of the total requirement of meat/meat alternate.

*** Use full-strength 100% juice.



CHILD and ADULT CARE FOOD PROGRAM **MEAL PATTERN FOR INFANTS**

Breakfast		
0-3 Months	4-7 Months	8-11 Months
4-6 fluid ounces of Breastmilk or Iron-Fortified Infant Formula ^{1,2}	4-8 fluid ounces. Breastmilk or Iron-Fortified Infant Formula ^{1,2}	6-8 fluid ounces Breastmilk or Iron Fortified Infant Formula ^{1,2}
	0-3 T. Iron-Fortified Infant Cereal ^{1,3} (when ready)	2-4 T. Iron –Fortified Infant Cereal ¹
		1-4 T. Fruit and/or Vegetable
Lunch or Supper		
0-3 Months	4-7 Months	8-11 Months
4-6 fluid ounces of Breastmilk or Iron-Fortified Infant Formula ^{1,2}	4-8 fluid ounces Breastmilk or Iron-Fortified Infant Formula ^{1,2}	6-8 fluid ounces Breastmilk or Iron Fortified Infant Formula ^{1,2}
	0-3 T. Iron-Fortified Infant Cereal ^{1,3} (when ready)	1-4T Fruit or vegetable or both
	0-3 T. Fruit and/or Vegetable-strained, mashed, or chopped ³ (when ready)	2-4 T Iron Fortified Infant Cereal ¹ And/or 1-4 T. Meat, Fish. Poultry, Egg Yolk, or Cooked Dry Beans or peas: or ½ -2 ounces Cheese; or 1-4 ounces (volume)Cottage Cheese
Snacks		
0-3 Months	4-7 Months	8-11 Months
4-6 fluid ounces Breastmilk or Iron-Fortified Infant Formula ^{1,2}	4-6 fluid ounces Breastmilk or Iron-Fortified Infant Formula ^{1,2}	2-4 fluid ounces Breastmilk, Iron-Fortified Formula ^{1,2} , or Juice ⁴
	0-3 T. Iron-Fortified Infant Cereal ^{1,3} (when ready)	0-1/2 slice Bread or Bread Alternate ^{3,5} (when ready) 0-2 Crackers ^{3,5} (when ready)

¹Infant formula and dry infant cereal must be iron-fortified.

²Breastmilk or formula, or portions of both, may be served.

³A serving of this component is required only when the infant is developmentally ready to accept it.

⁴Fruit juice must be full-strength, 100%.

⁵A serving of this component must be made from whole-grain or enriched meal or flour.